



# County of San Diego

BOARD OF SUPERVISORS

1600 PACIFIC HIGHWAY, ROOM 335, SAN DIEGO, CALIFORNIA 92101-2470

Welcome to the County of San Diego's 10th Aging Summit.

Today's Summit promises to be one of our best. It comes as the County increases its efforts to make our communities even more supportive of older San Diegans. We've brought together top-notch experts to offer their insight and wisdom on many of the pressing issues facing older residents, plus we have a very special guest – actor, comedian, writer Dick Van Dyke.

His entertainment career goes back nearly seven decades, and he recently opened a new chapter in his life with his book, "Keep Moving: And Other Tips and Truths About Aging." A timely topic for today's gathering.

Other speakers include San Diego Mayor Kevin Faulconer and Olivia Mastry, who advises communities on how to better accommodate those with dementia.

Check out the exhibit booths. Soak up the speeches. Enjoy lunch and make some new friends. Then, this afternoon, take your pick from among 12 workshops focusing on senior housing, mobility, civic engagement and brain health.

The County of San Diego's Aging & Independence Services hosted the first Aging Summit in 1998. We're proud to say it's become the go-to event for seniors and a catalyst for real change.

Thank you for coming.

Dianne Jacob  
Chair woman , Second District

Greg Cox  
Supervisor, District One

Board of Supervisors  
Greg Cox, District 1  
Dianne Jacob, District 2  
Dave Roberts, District 3  
Ron Roberts, District 4  
Bill Horn, District 5

Chief Administrative Officer  
Helen Robbins-Meyer

Health and Human Services Agency Director  
Nick Macchione



## KEYNOTE SPEAKERS



### KATHRYN LAWLER SESSION

Older adults are living longer than ever before--not simply "growing old." The Age-Friendly community concept has emerged to support people of all ages to be vital contributors and maximize their potential.



### DICK VAN DYKE SESSION

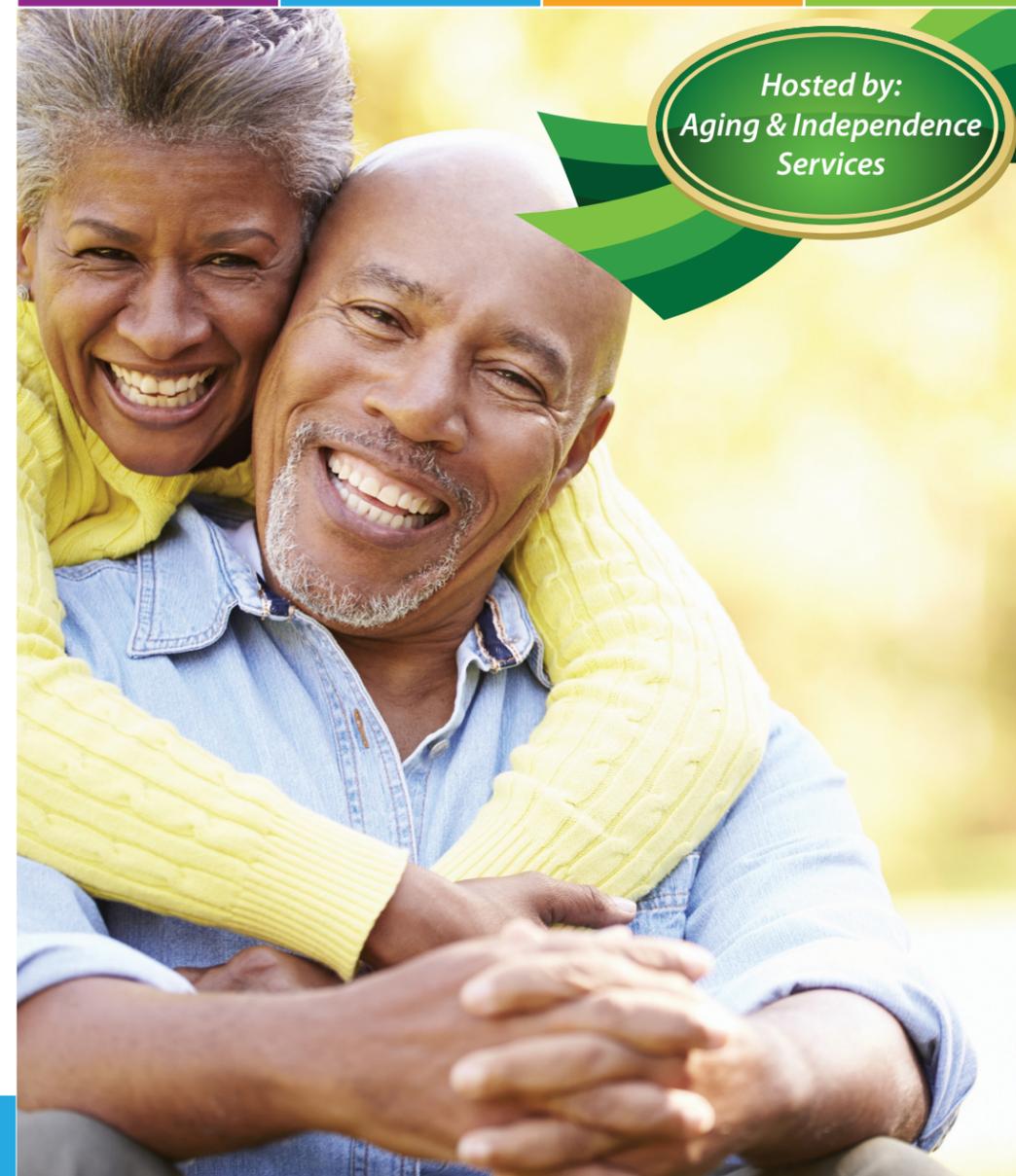
At 90, Dick Van Dyke knows that the secret to living a long, happy life is to keep moving! He'll share tips and truths on aging as well as some memories from his long and fruitful career as a beloved world-class entertainer.



### OLIVIA MASTRY SESSION

By 2030, 94,000 San Diegans will be living with dementia, an increase of over 50%. Dementia-Friendly America is helping forward-thinking organizations find ways to support older adults with dementia to age comfortably in their homes and communities.

Hosted by:  
Aging & Independence  
Services



## SPONSORS



# AGING SUMMIT

Age Well San Diego

# 2016



Town & Country Convention Center  
Wednesday, June 15, 2016  
9:00 am – 3:00 pm

Accredited Home Care - George G. Glenner Alzheimer's Family Centers, Inc.  
HHSA Behavioral Health Services - HHSA Public Health Services  
Kaiser Permanente - LightBridge Hospice & Palliative Care  
SDG&E - Seacrest Village Retirement Communities

## GENERAL SESSION (Grand Exhibit Hall)

**PRESENTING OF THE COLORS (RSVP Volunteers with the San Diego Sheriff Department )**

### WELCOME AND OPENING REMARKS (Grand Exhibit Hall)

- Ellen Schmeding (Director, Aging & Independence Services)
- Nick Macchione (Director, Health and Human Services Agency)
- Supervisor Dianne Jacob (County of San Diego Board of Supervisors)
- Supervisor Greg Cox (County of San Diego Board of Supervisors)

### LIVABLE COMMUNITY FOR ALL AGES

(Kathryn Lawler, Atlanta Regional, Sponsored by the AARP)

- Mayor Kevin Faulconer

### GENERAL SESSION - SIMULCAST (Grand Exhibit Hall)

#### DEMENTIA FRIENDLY COMMUNITIES

(Olivia Mastry, Collective Action Lab; ACT on Alzheimer's)

#### A Conversation with Dick VanDyke

(Channel 10 – Anne State – moderator)

### 11:20 - 11:55 LUNCH (Grand Exhibit Hall)

- Entertainment with Island Mist



<b>HOUSING</b> Ideas for Aging in Place (San Diego Room)	<b>TRANSPORTATION &amp; MOBILITY</b> Don't Get Stuck Without Options (Golden West Room)	<b>CIVIC ENGAGEMENT</b> Working Together to Make San Diego Great (Terrace Salon 1)	<b>THE AGING BRAIN:</b> Healthy Aging, Dementia, and the Fight Against Alzheimer's (California Room)
<b>12:05 – 12:50</b>			
<p><b>AFFORDABLE HOUSING: NAVIGATING THE SYSTEM</b>                      Learn about affordable housing, what is available, how it can be accessed, and how to advocate for more. Hear about programs, such as home repair services, that can help you to stay in your home as you age.</p> <p><b>SPEAKERS:</b>                      Tricia Levien, Wakeland; Felipe Murillo, Housing &amp; Community Dev.</p>	<p><b>BE SMART, DRIVE SMART</b>                      Become a better driver! Learn how the aging process and medical conditions can impact driving. Identify resources to help you improve or maintain your skills! Know your limits, and how to maintain independence.</p> <p><b>SPEAKERS:</b>                      Linda Hill, UCSD School of Medicine; Officer James Bettencourt, CHP; Judi Bonilla, Advocates For Aging</p>	<p><b>A MODEL OF COMMUNITY ENGAGEMENT: THE RESIDENT LEADERSHIP ACADEMY</b>                      Resident Leadership Academies bring positive change to our communities!                      Find out more about these dynamic organizations and how to join or create one.</p> <p><b>SPEAKER:</b>                      Dana Richardson, Community Health Improvement Partners</p>	<p><b>SAN DIEGO'S FIGHT AGAINST ALZHEIMER'S</b>                      In 2014, San Diego County launched The Alzheimer's Project, a regional effort to help caregivers and ultimately find a cure. Learn what the project's world-class researchers, health care innovators and community leaders are doing to address the Alzheimer's epidemic – and how you can help.</p> <p><b>SPEAKERS:</b>                      County Supervisor Dianne Jacob and Sheriff's Department Lt. Mike Knobbe</p>
12:50 - 1:00 - Break – visit exhibits, get to next workshop (10 min)			
<b>1:00 – 1:45</b>			
<p><b>SUPPORTIVE HOUSING</b>                      The Villages movement is helping to assist older adults to stay in their homes and communities. Come learn more and hear about resources available to assist you to remain safely and independently at home.</p> <p><b>SPEAKERS:</b>                      Susan Deninger, The Villages Movement; Dr. Kathy Guilfoyle, Tierrasanta Village of San Diego, Simonne Ruff, Corporation for Supportive Housing</p>	<p><b>WAYS TO "KEEP MOVING"</b>                      Learn about San Diego County's public transit long term planning and funding as well as opportunities to advocate for change. Learn about how to access various transportation resources to stay mobile.</p> <p><b>SPEAKERS:</b>                      Danielle Kochman, SANDAG; Bill York, 2-1-1 San Diego; Arun Prem, FACT</p>	<p><b>A DAY IN THE LIFE OF A SENIOR VOLUNTEER</b>                      Did you know that volunteering has been shown to improve health? Hear how serving the community has impacted lives of volunteers and those they help. Learn how you can get involved in meaningful projects.</p> <p><b>SPEAKERS:</b>                      Linda Hopkins, Aging &amp; Independence Services with panel of RSVP/SVA volunteers</p>	<p><b>BRAIN HEALTH AS YOU AGE</b>                      Aging well means taking care of your brain, as well as the rest of your body. Learn the risk factors for Alzheimer's disease and what the latest research tells us about how to reduce your risk of cognitive decline.</p> <p><b>SPEAKER:</b>                      Dr. Lisa Delano-Wood, UCSD School of Medicine</p>
1:45 - 1:55 - Break – visit exhibits, get to next workshop (10 min)			
<b>1:55– 2:40</b>			
<p><b>THE SMART, LIVABLE HOME</b>                      Hear how you can create a home designed to successfully help all family members through life's daily living tasks, activities and challenges. Increase comfort, help prevent injuries, conserve costly energy, and promote independence.</p> <p><b>SPEAKER:</b>                      Laurence Weinstein, SharedSolutions</p>	<p><b>CREATE MOBILITY-FRIENDLY COMMUNITIES</b>                      Learn how population trends, transit accessibility, and housing costs suggest "hot spots" for creating age-friendly communities. Discover the benefits of these communities and how you can be involved.</p> <p><b>SPEAKERS:</b>                      Jim Stone, Circulate San Diego; Tina Zenzola, County Public Health Services; Kathleen Keehan, Air Pollution and Control District; Susan B. Baldwin, SANDAG</p>	<p><b>LIVE WELL ACROSS THE AGES: OPPORTUNITIES FOR INTERGENERATIONAL ENGAGEMENT</b>                      Do you or someone you know have talents to share? Would you love to connect with a younger or older person? Join us to learn about numerous intergenerational opportunities.</p> <p><b>SPEAKERS:</b>                      Jennifer Navala, Health &amp; Human Services Agency; Pam Plimpton, Aging &amp; Independence Services with panel of volunteers</p>	<p><b>WHAT IF IT'S MORE THAN JUST FORGETFULNESS</b>                      Learn the difference between the changes tied to normal aging and the warning signs for dementia, along with the importance of a thorough diagnosis and key next steps.</p> <p><b>SPEAKERS:</b>                      Dr. Michael Lobatz and Dr. Abraham Chyung, Scripps Health</p>
2:50 - 3:00 - Closing remarks OPPORTUNITY DRAWINGS (Grand Exhibit Hall)			